



## PRECISION MEDICINE & BIOLOGICS

### What is precision medicine?

Precision medicine involves using personal or genetic information to tailor a patient's medical care. The approach may include the use of innovative diagnostics and medications.

### Isn't precision medicine primarily for cancer treatment?

The success of precision medicine in treating certain types of cancer has been widely covered by the media. The approach, however, applies to other disease types as well. In particular, precision medicine can apply to the treatment of autoimmune diseases.

### How is precision medicine currently used to treat autoimmune diseases?

Autoimmune disease treatment is already rooted in the principles of precision medicine. One example is treating to target for rheumatoid arthritis. A health care provider and patient set an individualized goal for disease remission, jointly select a medication and then test periodically to gauge that patient's progress toward his or her goal.

### How could new technology enhance precision medicine for autoimmune diseases?

Certain tools can aid health care providers in practicing precision medicine. For instance, precision diagnostics can provide multi biomarker disease activity scores based on a patient's blood sample, helping

providers predict disease progression in rheumatoid arthritis.

Providers may also soon be able to use a blood sample to predict whether a patient with rheumatoid arthritis will respond to anti-TNF therapies. Research is underway on a similar test for ulcerative colitis patients.

Anti-TNF medications can be highly effective, but about one in three patients doesn't respond. By guiding personalized treatment decisions, precision diagnostics could save patients and providers the frustration, side effects, and cost of trying and failing multiple drugs.

### What does precision medicine mean for health care providers who treat using biologics?

Autoimmune diseases are highly individualized across a heterogeneous population of patients. Each patient's experience with a disease and its treatment options varies. Biologics in particular can impact each patient differently.

Precision medicine harnesses those individual differences to empower health care providers to offer the most effective, efficient and patient-centered care possible.

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